News Sheet

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Starfish Preschool

No.30 Summer Term

Coastal Together

12.05.23

Another Fantastic Week - 'Growing Together'

Starfish Preschool



Wow! What another super week Starfish have had. We have continued our animal topic and have been looking at Sea Creatures this week. Using our sea themed tuff tray, the children have been talking about all the different animals you might find in the sea. Throughout the week we have also had sea themed background music playing, and looked at how animals move under the sea. The children particularly liked pretending to be crabs and moving sideways around the classroom.



We then read the 'Rainbow Fish' story and talked about how unkind the Rainbow Fish was at the beginning. The children told us what they should've done and how we are kind in Starfish Class, making sure we try hard to share, take turns and include everyone in our play.

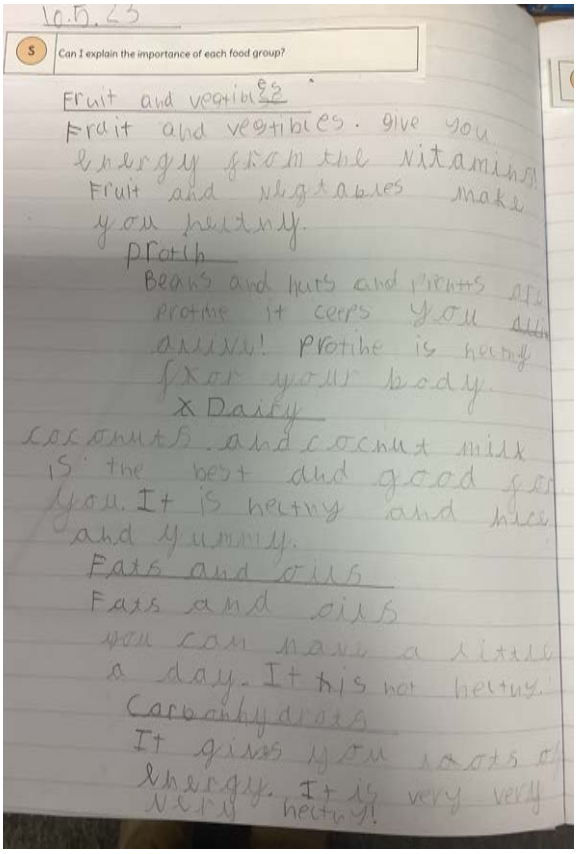


Our older children were asking about what happens when they go to Seahorse Class in September, particularly where their new classroom will be and what door they will be picked up from. To fulfil our curiosity, we took a walk around the main school and had a look to see which door they would be dropped off at, which door they would be

picked up from and where their new class would be. We also said hello to all the adults we saw on the way, including Miss Lucas and Mr Hopkins.

Seahorse Class

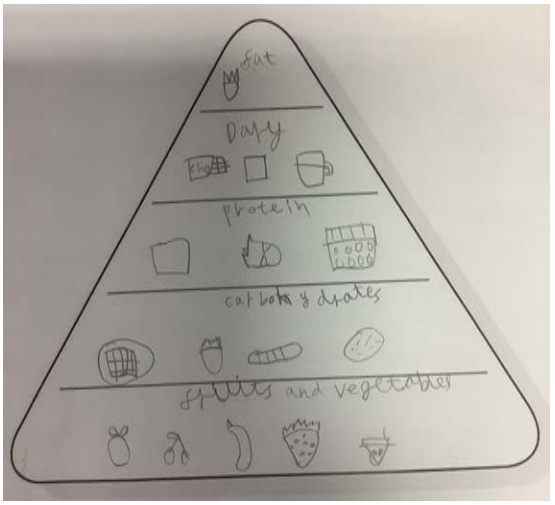
What another busy week we have had. We have finished writing a biography on Wangari Maathai and KS1 then went on to write one about Nelson Mandela whilst reception wrote about their own lives. We will be moving on to looking at poetry next week. In maths year 1 and year 2 have carried on looking at measuring and have been applying what they have learnt by solving problems. Reception have been looking at creating their own number sentences using the words first, then and now.



As part of our Africa topic reception have been looking at some of the animals found on the savannah. They have named, sorted and created their own versions of these animals. Year 1 and 2 have been looking at the food we eat and how we keep ourselves healthy. This has included looking at the Eatwell Plate and building their own food pyramid.

Next week year 2 have their SATs tests and we know they will do their best.



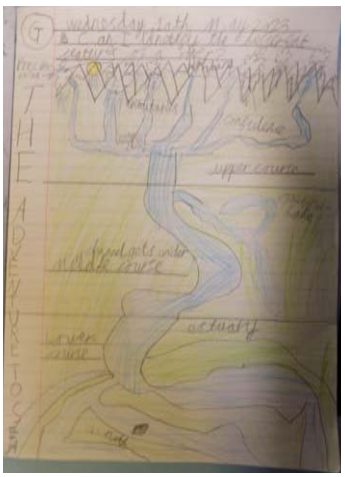
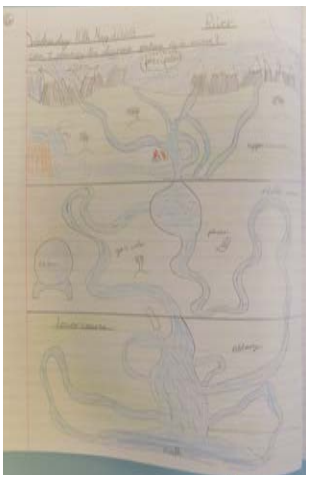
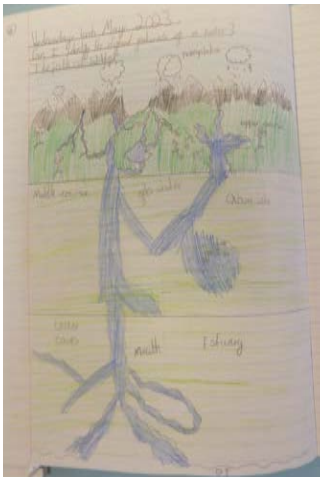


Dolphin Class

This week Dolphins have vacated their classroom and been joined by the year 5s so that the Year 6s could have peace and quiet to focus on completing their SATs. In the mornings, we have been learning in the hall. The class has been fantastic throughout the week and seemed to have thrived in the new environment, with many of the children saying they prefer learning in the hall.

In maths we have finished learning about decimals, with a challenging few days experimenting with flexibly partitioning decimals. Even though it was a challenge all

children demonstrated great resilience and resourcefulness, in not giving up and using a range of manipulatives to support our learning.
In English, Dolphins have continued writing all about the water cycle, creating our own sentences to explain each of the processes. On Friday, we finished the week completing our big write, where the class had a go at penning their own non-chronological reports. Elsewhere, in topic the class have moved on to learning about rivers, investigating the three different sections (upper, middle and lower courses) and the features that commonly occur within each section. The class then drew their own river, annotating each of the features as you can see below.


Shark Classnn
Sharks have been exemplary this week. Year 6 coped admirably with the pressures of SATs and remained focused, hard-working and in good spirits the entire week despite the challenges. Year 5 have been incredibly supportive and have coped with the change in classroom / teacher incredibly well. To celebrate, both Year 5 and 6 have enjoyed a Friday afternoon of board-games, snacks and a movie. All of the Sharks have been a credit to themselves and the school. We are all looking forward to next week when we can get back to normal, with a continued focus on angles and shapes within maths and the start of a new writing topic in English. In topic, we are beginning our look at Science, investigating the water-cycle in more detail to complement the children's non-chronological reports from this week.

Donations
Have you got any old puzzles, toys or games suitable for 2-3 year olds? Starfish are looking for preloved resources to support our 2-3 year olds. If you have anything suitable or similar to the pictures below that you would like to donate, please leave at the office in the main school.






Mental Health Awareness Week

Next week is Mental Health Awareness Week with a focus on anxiety using the colour green. We have a fun filled week planned ahead using our green fingers as we prepare to revamp the Sea Sanctuary Garden into a wellbeing garden. Children will be creating a large bug hotel, decorations for the garden, planting seeds to promote wildlife and their knowledge of growing foods. Tuesday will be Movie Night with the option of wearing pyjamas for the movie. Wednesday beach walk and litter picking to support the community. Friday is a day to dress in green, find something green to show your support. All monies raised will go towards the wellbeing garden. We are currently spending the previous funds raised during mental health awareness weeks, £221.65, to purchase items for the new, revamped, very exciting Sea Sanctuary Wellbeing Garden. Watch this space for the grand opening.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Break					
Lunch					
After School					

Mental Wellbeing

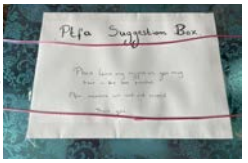
The QR code below contains lots of information and support for parents around mental health. Why not check it out?

Scan the QR code above



Your Ideas Wanted…… Please!

The PTFA are keen to explore ideas for improving the boat area next to the buggy shelter at the front of the school. They have put an ideas box in the airlock and would really like your suggestions for developing/improving this area. You could sketch these out if you are feeling particularly artistic or pop your ideas on paper and post in the ideas box, or if you have any fundraising suggestions or events you'd like the PTFA to organise and get involved in.



Attendance/Safeguarding

Attendance target set by the government = 96.1%

Current updated Bacton Primary School attendance this year to date 94.72%



Come on Bacton!

The class with the highest attendance this week was Sharks with 98.41%

Well Done Sharks Class

Following our recent 'Keeping children safe online and pupil mobile phones' letter we promised updates to support parents and carers with information about Apps your child may be accessing on their devices. This week's poster focuses on social media and the potential impact on mental health.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?



National Online Safety®

#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health, https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20, https://www.rsph.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf, https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk

Reminders

School Lunches
Please check the school website for the Spring/Summer Menu



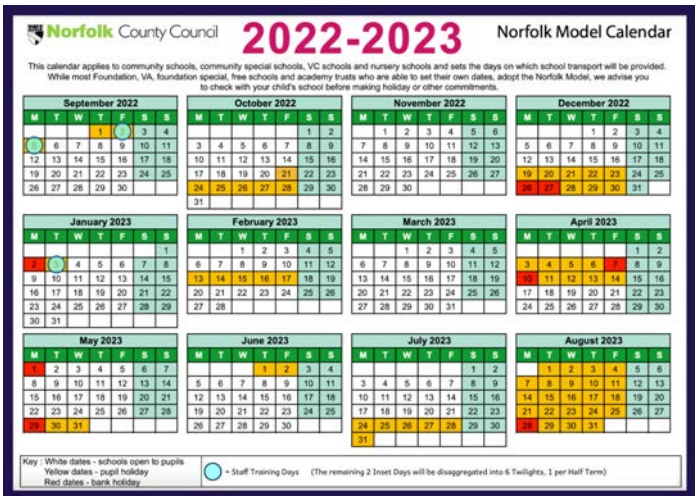
PE Days
On the day your child has PE please ensure they come to school wearing their PE kit. If they are taking part in sports club and it is not their PE day they should come to school in their uniform and bring kit to change into.

Seahorse Class - Years R, 1 and 2	**Monday/Thursday**
Dolphin and Shark Class - Years 3, 5 and 6	**Thursday**
Sharks Year 5 - Swimming	**Thursday - Come to school in uniform with swimming kit please**

Dates for the Diary

Date	Time	Event
15/05/23-19/05/23	9:00-12:00	Year 2 SATs tests
16/05/2023	3:10-5:15	After School Movie and Pyjama evening - Letter issued
17/05/2023	2:15-1:15	Lunchtime beach walk and picnic lunch - Letter issued
18/05/2023	1:00-3:00	Year 5 Swimming - Victory Leisure Centre
19/05/2023	All Day	Non-Uniform Wear something green for mental health awareness week
24/05/2023	1:15-2:15	Year 6 Leavers and Class Photos - Tempest Photography
25/05/2023	7:25am	Year 5 overnight visit to Bruce Grove Primary - Tottenham depart
26/05/2023	4:45pm	Year 5 overnight visit to Bruce Grove Primary - Tottenham return
29/05/2023	All Day	School Closed - Bank Holiday
5/6/23-9/6/2023		Royal Norfolk Show: On the Map - Week off timetable
09/06/2023	All Day	Non-school uniform day - Please bring sweets to support the PTFA summer fair
14/06/23-15/06/23	am	Year 1 Phonic screening check
16/06/2023	7:00pm-9:00pm	Quiz and chip evening - Adult only quiz team PTFA fundraiser
23/06/2023	All Day	Non-school uniform day - Please bring sweets to support the PTFA summer fair
28 & 29/06/2023	All Day	Years 5 and 6 Bikeability training for those already booked.
08/07/2023	12:00-3:00	PTFA summer fair
17/07/2023-21/07/2023	All Day	Year 6 residential visit to the Isle of Wight

Term Dates





All in-term holiday requests will be classed as unauthorised absences. This will likely result in a fixed penalty notice being issued from Norfolk County Council.

In Norfolk, penalty notices are issued in accordance with the Norfolk Local Protocol. In all cases a penalty notice can only be issued if the pupil has accrued at least 9 sessions (4.5 school days) of unauthorised absence within the previous 6 school weeks. This would result in a fine of £60 per child per parent ie; for a family with 2 children this would total £240

The link below has more information about fixed penalty notices.
Fixed Penalty Notices



Uniform
Order directly through Birds of Dereham (any time)
https://www.birdsofdereham.com/

Place your order on the School Money System.

Order Through School - Dates 2022/23:
Order cut off 4 - Friday 9 June 2023 for delivery in July 2023

Prices & Order Date information

Supplier	Sweatshirt	Cardigan	Fleece Jacket	Book bag	Delivery charge
Birds of Dereham direct order prices	£10.50	£11.00	£15.00	£7.00	£5.50
Order through school (10% discount)	£9.45	£9.90	£13.50	£6.30	Free

If you have any queries please contact your child's School Office




SATURDAY 17TH JUNE
BACTON FOOTBALL CLUB
FUN DAY
10AM - 5.00PM - BACTON PLAYING FIELD
BACTON
1897
2015
THE PILGRIMS
FOOTBALL CLUB
MINI GAMES
TROPHIES
MUSIC
BOUNCY CASTLE
BBQ
TOMBOLA
BAR
HOT/COLD DRINKS
ICE CREAM

The following is an advertisement for Cromer Youth Football Club Girls Team and is not organised or run by members of the Bacton staff team







